

Workshop Information

Healthier Living (also known as the **Chronic Disease Self-Management Program** or **CDSMP**) is a program for people with chronic health conditions such as arthritis, diabetes, stroke, lung disease, heart disease, hypertension, back problems, and depression. The program provides information and teaches practical skills for managing these chronic health problems. The program includes 2 ½ hour sessions held once a week for six weeks.

[VIEW A VIDEO OF THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM \(video link\)](#)

What You Will Learn

- Strategies for managing fatigue
- Ways to eat healthier
- How to develop and maintain a long-term exercise program
- New ways of dealing with anger and depression
- Appropriate use of medications, and
- How to communicate more effectively with your family/friends/physician

As a participant, you will make weekly action plans, share experiences, and help other workshop members to solve problems you encounter in creating and carrying out your self-management program. The workshops are facilitated by two trained leaders – one or both whom are peer leaders with a chronic health condition themselves.

Quotes From Participants

"Because I have been afflicted with Parkinson's for over 20 years, I have suffered a great deal of depression. The skills you've taught me in maintaining positive thinking and combating depression have really helped to improve my condition."

- John, age 69

"I found the interaction with other students in the class to be most enlightening. I realized that although I have a chronic illness I am not alone. Thank you for all the lessons in helping me to deal with this."

- Suzanne, age 57

"The workshop put me back in charge of my life, and I feel great. I only wish I had done this sooner." - Robert, age 68

"Thank you so much for this class. Everything I learned will most definitely help me deal with things from this point on; you have made a big difference in my life."

- George, age 62

"It is a great class. I would recommend it to anyone. I plan to tell my doctor about this class and hopefully she will recommend it to more of her patients. Thank you."

- Lourdes, age 66

More Information on Healthier Living/ Chronic Disease Self-Management Program

- Stanford University School of Medicine Patient Education Center home page:
<http://patienteducation.stanford.edu/programs/cdsmp.html>
- U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality "Chronic Disease Self-Management Programs Can Help Prevent or Delay Disability in Patients." June 7, 2002.
<http://www.ahrq.gov/news/press/pr202/chronicpr.htm>
- Letter from the Surgeon General "Self-Management Programs: One Way to Promote Healthy Aging," Public Health Reports, 124: July-August 2009, 478-480.
http://www.surgeongeneral.gov/library/publichealthreports/sgp_124-4.pdf